

IN FOCUS

The Official Publication
of the Jamaican
Canadian Association

November 1998

SERVING THE BLACK AND CARIBBEAN COMMUNITY FOR OVER 36 YEARS



*Cyndi Anderson and Kamala Jean Gopie
received recognition for dedication and
commitment to the JCA.*

*(Left to right) President Herman Stewart;
Cyndi Anderson; Kamala Jean Gopie and
Vice-President Pauline Tomlinson.*

JCA Awaits Bank's Confirmation

By Herman Stewart

The long wait to hear whether or not the Royal Bank will finance the JCA's centre renovation is almost over. Our Executive Director and I met with a senior manager from the Royal Bank Head Office on November 9, 1998 to review a draft of our proposed loan request.

Following that meeting we submitted a formal proposal for a renovation loan to the Royal Bank on November 10th and we followed up with a meeting with officials from the Royal Bank and members of our Board of Directors

on November 13, 1998. The Bank has informed us that our proposal is good and we should hear from them within a few days.

Renovations will begin six weeks after our finances are in place. We are optimistic that we can start January 4, 1999. The renovation will take six months to complete and by July of next year we should be ready for the grand opening.

Like all of you, I am looking forward to the opening of the Centre, it promises to be quite a milestone. Our office is receiving calls on a daily basis from individuals and organizations who are interested in renting the facilities. I am optimistic that our patience will be rewarded handsomely.

IMPORTANT: PLEASE ATTEND

QUARTERLY GENERAL MEETING

Sunday Nov. 29, 1998 - 2:00 pm
JCA Centre
995 Arrow Road

(416) 746-5772

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Sadie Harrison receives her 25 years volunteer award from Jamaica's Counsel General Mr. Herman Lamont.

Editorial

by Angela Murray

Following Nelson Mandela's historic visit, focusing on the plight of children, the community mourned the horrifying death of seven year old Randal Dooley. One cannot begin to imagine, or indeed comprehend, the agony and suffering he endured.

There are many unanswered questions. Where was his father? What would bring a "mother" to this point of cruelty? What were her preoccupations? What experiences led to manifestations of such torturing discipline? Was his father too blind to see that such punishment was a prescription for death? Randal was at risk from the time he arrived at his stepmother's door. Where was the safety net? All sources misdiagnosed the pain and trauma little Randal endured.

This ordeal has brought about emphatic feelings and condemnation. What happens now?

Do we feel fortunate it was not our child and go on with our day to day activities. No! This is a time to reflect on, review and revise our thinking. Too

many of our children are being taken into care. The Children's Aid Society (CAS) reported 28% of families served this year were from the black community. A significant number are newcomers'. Many make the journey for a better life but dreams become shattered when family plans collapse.

JCA has a strong legitimate voice to advocate and influence program development and social policies that can lead to changes, which will respond to the growing diverse needs of families. Mainstream organizations like CAS must work in partnership with JCA and other ethno-cultural agencies in order to develop effective service delivery to families. As a result discussions have now begun with CAS to initiate a partnership agreement with the JCA.

Our task now is to ensure children have a safe, secure and brighter future. The untimely passing of Randal challenges us to be more vigilant of children.

THE GIFT OF LIFE!!!

Congratulations to Carlean Morgan on the birth of her healthy baby boy, who was born on November 3, at 8lbs.6 ounces. The board and staff of JCA wishes her the best

UPCOMING EVENTS

Xmas Grand Market	Sat. Nov.28/98
General Meeting	Sun. Nov. 29/98
New Year's Dance	Thurs. Dec.31/98

Passings.....

The staff and members of the Jamaican Canadian Association would like to send their deepest condolences to the families of the following individuals who have recently passed away: Minette Reid, Donald Biggs

IN Focus

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Newsletter Layout: Robert Small

Letters and submissions welcome. The Editorial Committee reserves the right to edit materials for length.

President's report

By Mr. Herman Stewart

Hopefully by the time you are in receipt of this newsletter our loan request from the Royal Bank will be approved. The meetings with the bank went well. They are quite pleased with our fundraising efforts over the past year.

Fundraising picking up steam

Our car raffle was a success. The hard work of our members, staff and friends paid off as we were able to raise \$55,000. As you may recall our first car raffle in 1997 netted \$43,000. Our building fund account is now up to \$227,000.

Where do we go from here? In early December we will officially launch our next major fundraising drive. The "Buy A Brick" campaign is intended to raise \$100,000 over the next year. This goal may seem high but it is a target that is achievable. We have hired a fundraising coordinator to help us especially on the administrative side. We are developing a marketing strategy that will see our fundraising kit regarding the "Buy A Brick" campaign in most retail outlets in our

community. If members commit to sell 10 bricks at \$10.00 each then we will be able to reach our goal.

Donations continue to come in and we are indeed grateful. Kamala Jean Gopie has increased her pledge by \$10,000. The Ontario Federation of labour has given us a \$1,000 donation. The carpenters union has sent in a cheque for \$500. Ms. Evelyn Myrie who participated in the Chicago Marathon has raised \$1,700 for the building fund.

Our October, 10th appreciation dance for Cyndi Anderson and Kamala Jean Gopie was a big success. I felt really good that we were able to publicly express our sincere gratitude to them for their outstanding work over the years. We were also able to help the building fund by \$1200.00.

We need more involvement from our members

I attended the last fundraising committee meeting and I was very disappointed to see only a few members in attendance. At a time when fundraising is centre stage, we need more involvement from members on this very important committee. I have asked the Vice President to call an all committee meeting as soon as possible. The purpose of the meeting will be to strategize and develop ways and means of strengthening our committees.

Public Relations position vacant

Our Public Relations Chair has resigned from the Board. We are interested in hearing about any one who has the time and skills necessary to take on this very important position.

Important Quarterly Meeting

Our November, 29th Membership meeting will be a very important meeting as we will be outlining the final details of the renovation project. We will also bring members up to date on some big contributions to our building fund.

Don't forget — see you on the 29th.

How much do you know Jamaica?

By Carolyn Warren-Goulbourne,
Jamaica Information Service

Each year, on the third Monday in October Jamaica celebrates National Heroes Day. The day was established in 1969 to pay homage to our national heroes. Also on that day, the government presents national honours and awards to Jamaicans for contribution they have made to their country.

This year, of the more than one hundred persons who received national honours and awards, three were presented with the forth highest honour, the Order of Jamaica. They were Mr.

John Issa, Chairman of superclubs, for "innovative leadership in the tourist industry in Jamaica and the Caribbean," Dr. Vincent Lawrence, Executive Chairman of the Urban Development Corporation, for "distinguished public services in urban development and the bauxite industry," and Mr. Oliver Clarke, Chairman of the Gleaner Company, for "outstanding contribution in the field of corporate business." Take the following quiz and see how much of Jamaica's history and civics you can remember.

QUIZ

1. Name all seven of Jamaica's National heroes.
2. Who was Jamaica's first Prime Minister after Independence?
3. Name the five societies of National Honours
4. Who was Jamaica's first Governor General after independence?
5. Who was the first Canadian Prime Minister to visit independent Jamaica?
6. What do the colours of the Jamaican flag mean?
7. Who wrote Jamaica's National Anthem?
8. Name the National Bird, National Flower, National Tree and the National Fruit.
9. When did Jamaica change to the decimal system of currency?

ANSWERS ON PAGE 11

Executive Director Bits & Bites

by Haari Abou Korrat

The past four months was a very busy period for the organization. We successfully finalized the second annual car raffle at our fundraising dance on August 29, 1998. K. McCalla of Mississauga was the winner of the 1998 Contour; Cecil Cassie of Concord won the Caribbean Cruise and Lorraine Bailey of Markham won the Microwave oven.

The "Buy A Brick" Campaign was launched at this function, and has been met with popular response from the community. The campaign will be conducted through to March 31, 1999. Participation in this segment of our fund raising campaign is easy. At a cost of \$10.00 per brick you can purchase a brick for yourself, family members or in memory of someone who has passed away. In return the organization will recognize each donor by having their names engraved on the brick which will then be placed in the new Community Centre. Income Tax receipts will be issued on request.

For more information on how you can participate in this segment of our fundraising program, call the fundraising coordinator at the number shown below.

The Meals On Wheels program is conducted in partnership with York West Meals on Wheels who will work with us in delivering meals that are culturally prepared to seniors and other members of our community. If you have knowledge of someone in our community needing this service or for more information please contact Lisa Chin Quee at extension 234.

Activities of The Literacy Research project will measure the literacy level of youth in the Caribbean and Black community, identify and

determine the existing barriers that affect our youth while evaluating the effectiveness of existing programs.

The Parenting/Healthy Babies 0-12 years program launched in May is progressing well. This program is conducted 2.5 days per week. The Counsellor is also working toward developing a working partnership with the Children's Aid Society, the aim is to address issues of child welfare in the Caribbean and Black community.

The Immigrant Settlement and Adaptation Program (ISAP) services offered through the satellite office in Scarborough ended on September 30, 1998. Closing of this location was due to funding cutbacks. However, ISAP services are still being offered at our head office location at 995 Arrow Road.

The fall session of our Saturday morning tutorial program commenced on September 19, 1998. Due to the pending renovations at the Head Office the program is being conducted temporarily at the Driftwood Community Centre. We would like to extend our appreciation to the staff at the Driftwood Community Centre for their assistance and cooperation.

Funding from the Ministry of the Solicitor General and Correctional Services was confirmed for The Leaders In Partnership (L.I.P), project developed in partnership with Toronto Police Service Division 31. We are still waiting for confirmation of funding from other sources, however, work on the project will

commence in November. This project will address offending behaviour among children age 7 - 9, such as violence and victimization, truancy, stealing, delinquency etc. The project will be conducted closely with parents and teachers.

Departing Staff - Allyson Collymore, Community Worker and Annette King, Caribbean Youth Project Coordinator resigned early October. We wish Allyson and Annette the best in their new positions. Carlean Morgan, community worker, is now on maternity leave October 98 to April 1999.

New Staff - We welcomed new staff members Elizabeth Molligan and Kofi Barimah, Community Worker to the Caribbean Youth and Family Services Department. Elizabeth who is covering the 6-month maternity period will also be coordinating the Volunteer Program. Please contact Elizabeth at extension 235 for any information on volunteering.

Kofi was hired to fill the vacancy left by Allyson. He brings a wealth of knowledge and experience to the organization as a community worker. He can be reached at extension 237.

Denise Minnick joined us in October as Fund raising Coordinator. Denise's primary responsibilities is to oversee and coordinate the ongoing "Building for the Future" campaign, to raise funds toward the development of the Community Centre. All inquiries on fundraising should be directed to Denise at extension 231.

Natalie Prince has returned to the JCA as the new Caribbean Youth Project Coordinator. She also oversees the Saturday Morning tutoring program. Natalie can be reached at extension 238.

Membership Committee Report

By Francella Moore, Membership Services Chair

We have gone through a wonderful summer with many exciting events. Now that winter is around the corner, we must always remember to dress the little ones very warm.

The Senior's Dinner which took place on Sunday, September 20, 1998, was well attended with over 180 people in attendance.

The Children's Christmas Party will be taking place on Sunday, December 6, 1998 from 2-5 p.m. at the JCA centre. Forms are available at the JCA centre. The deadline for registration is November 20, 1998. It is important that you register your child early in order for us to purchase adequate amount of gifts.

Membership Drive has been extended to the end of November. We are seeking new members for our organization. Tell a friend, family member or a co-worker about the JCA and encourage them to join the organization.

Please inform us if you know of a member who is sick, passed away or need a visit from the visitation group.

If you have not received any mailings or calls from us informing you of our events, do not hesitate to call the office and leave your complete address and telephone number so that we can update our records.

I would like to use this opportunity to thank the members of the committee and all the other people who have supported us and our events.

Many thanks to the following companies, organizations and individuals for their contribution to our 1998 annual picnic:
Red Snapper Restaurant
Long Branch Rent All
Maple Leaf Gardens

Wal-Mart
Business Depot
Ink Spot Printing
N.C.J.S.O.C.
Peek Frean Bakery
Knob Hill Farms
Allstates Insurance Company
Speed Freight Forwarding Co.
Home Hardware
Ticket Man
Canadian Tire Stores
Mscoll Beauty Supply
Don's Wholesale Meats
Fiesta Farm
Collins Richards
Byron Carter
Olive Steele
Vivian Allen
Hector Gray
Pat LaRose
Winston Brown

Please support these businesses, companies, and individuals!!

Fundraising Committee Report

By Patricia Williams, Fundraising Chair

Car Raffle

I would like to offer my appreciation to those of you who worked so very hard selling raffle tickets in this year's fundraising drive. Thank you for your dedication and continued support of JCA's fundraising projects. I would like to extend a special "thank you" to the president, the fundraising committee, zone captains, their friends and supporters and JCA's staff who sacrificed many personal hours, time and energy; augmented with great enthusiasm and optimism to the very end. Your contribution has made our 1998 car raffle

successful. Ticket sales grossed \$86,000. It should not be too long now before we will all be celebrating the opening of the Jamaican Canadian Centre.

Pantomime

The Heritage Singers are again hosting a Pantomime in December at Stephen Leacock Collegiate at Birchmount near Sheppard (Scarborough). We have been offered a 50% donation from the Sunday matinee ticket sales and \$1.00 from each ticket sold for the other shows. We are required to sell 400 tickets for the matinee on

Sunday, December 13. Since the matinee is the area where we stand to gain the most, I would like to encourage you to join me in selling these tickets so that we can achieve our goal. Please contact the JCA office for tickets.

New Years Eve Dance

We are planning a New Year's Eve dance at the JCA Centre. Ticket price is \$30.00 per person, meal included. Please telephone the JCA office for tickets to this special event. Merry Christmas everybody!

Women's Space

Women Moving Forward in JCA - A 5 Year Plan!



Part II of II

Submitted by Pam Powell, Women's Committee Chair

With increased globalization of work, labour and the economy, it becomes more apparent that the conditions of people of the world are interconnected.

The government has the major responsibility to ensure women's equality, development and peace. However, non-governmental and community based organizations like JCA have a significant role to play in monitoring the implementation of the "Platform For Action" and lobbying the government to keep their commitment especially as it impacts on Black women and girls!

When it comes to our communities, several studies have shown that the situation of Black women and children are significantly worse in proportion compared to White women; particularly in the areas of health, socioeconomic status, employment and participation in decision-making structures. With the exception of First Nation Women, Black women's situation is much worse than Black men and White men! We suffer and die from some illnesses and diseases (e.g. high blood pressure, diabetes, kidney disease, stress-related illnesses) at a disproportionate rate. At a significantly higher rate we are unemployed and underemployed. We do not have equal access to education and training programs and our decision-making and leadership abilities are

undervalued.

While Black women do not experience violence in their homes more than other women do, they are at a greater risk of homicide as we deal with racism in the justice system which deters many women from accessing the law. Black women also have to deal with sexism in the home, on the job, in the school, in community organizations, on the streets and other places.

It is incumbent that the work JCA does is connected to the reality of the lives of women, children and families in the community. It is our responsibility as an organization to act to improve the conditions of Black women and girls and to lobby the government in this regard. With this in mind the JCA Women's committee chose to focus on two of the critical areas of concern: "Women in Power and Decision Making" and "Violence Against Women." The role of the committee will be to work with and educate the membership of these issues and to work with the organization to develop and implement mechanisms that will address these issues.

In this regard the Women's Committee has developed a 5-Year Action Plan with a time line of January 1998 to May 31, 2002. The main goals and objectives of the Plan are as follows:

1. Political development

and education of the membership.

2. Political development and education of the Board of Directors and Committees
3. Critical analysis and assessment of women in the organization
4. Identify and implement strategies to promote women in power and decision-making positions.
5. Educate and integrate gender analysis in the development of policies and the Social services Program area.

Along with these goals and objectives, the Committee has developed a detailed action plan to achieve each of the goals.

We have started to work on the training and development of the Women's Committee as part of our Action Plan. Stay tuned for more updates on our 5-Year Plan in future issues of In Focus.

HERSTORY

MARY SEACOLE, an adventurous nurse, was born in Jamaica, schooled in Britain, nursed cholera victims in Panama with her own formula. In the mid 1850's she found her way to Turkey, setting up a mini-hospital and canteen for soldiers in the Crimean War. She was celebrated in England as a war hero.

"Some people have called me quite a female Ulysses. They intended it as a compliment but from my experience of the Greeks, I do not consider it a very flattering one."

An excerpt from Sharp, Sandra (1993) *Black Women For Beginners*, New York: Writers and Readers Publishing, Incorporated

Staff Profile

My name is Kofi Barimah, I am the new Family Service Counsellor in the CYFS (Caribbean Youth and Family Services) Department. I am a Ghanaian-Canadian who has been actively working within the African-Canadian community for approximately 10 years. I began my community work as the Coordinator of the Jane-Finch Concerned Citizens Organization's Youth Support Services Program in 1989. Later, I became a member of the Board of Directors at JFCCO. I am proud that I was



instrumental in the recognition of the Jane-Finch community as a "Caring Community" by the New Ontario Trillium Foundation. I also worked as a Family Support Worker with Harambee Centres Canada before pursuing a Masters program at Wilfred Laurier University in Waterloo. Before joining JCA, I was a Consultant at Harambee Centres Canada, Child & Family Services.

I have earned two Masters degrees (Master of Arts in Community Psychology; and Master of Science in Rural Extension Studies) from Wilfred Laurier University and University of Guelph respectively. Currently, I am working on my doctoral thesis for a Phd. in Public Health with specialization in the health needs of African-Canadians. I hope to use my experience, knowledge and expertise to enhance the quality of work the JCA does for the Black and Caribbean community. I hope to meet you all very soon.

Towards 1999!!

By Rita McLean, Violence Against Women Counsellor

Until we, as black women and men stand up and declare "ZERO-TOLERANCE" to domestic violence we will not only continue it, but encourage it. As we approach the New Year "1999" and the new Millennium, we are faced with the reality of violence occurring in our community to black women, men and children. We can stop domestic violence by practicing the following:

Black men love your black women for there is no other like her.

Black women love your black men for there is no other like him.

Strengthen each other when one is weak

Guide each other when one needs guidance

Teach each other when one needs to be taught

Pray for each other when one is lack in faith

Honour each other when one has no honour

Protect each other when one needs protection

Reach out to each other when one is far away

Celebrate each other's strength, not each other's weaknesses

Be friend to each other when the other needs comforting

Share each other's pain when the other is hurting

Lift each other up when the other is down

Put a smile on each other's face when one is sad

But most of all, be true to each other and the love you both share

Finally, our community must not stand for any abuse. We must not condone abusive behaviour by men toward women or women toward men in any form. Only by working together can we end the cycle of our past. Let us all approach the New Year and the Millennium with the resolution, a life free of domestic violence. Merry Christmas and a Prosperous New Year.

Help needed urgently

The position of Public Relations has recently become vacant on the JCA Board. We are currently searching for a volunteer to perform the duties of the said position. The ideal candidate would possess excellent communication skills. Duties would include writing press releases, public speaking, promote the JCA and coordinate the publishing of the organization's newsletter.

The JCA standing committees need volunteers. We are inviting

our members to make themselves available to serve on the following committees: Fundraising Committee, Membership Services Committee, Building Committee, Education Committee, Public Relations Committee and Youth Affairs Committee.

Please contact the Membership Services Chair and indicate your area of interest. Thank you for helping to make the JCA stronger.

JCA Begins Meals on Wheels

By Lisa Chin Quee



JCA in partnership with York Meals on Wheels has endeavoured to extend the Meals on Wheels Menu to include dishes from the Caribbean. The Meals On Wheels program provides nutritious, hot meals on a daily basis, to those who are unable to prepare their own meals. Frozen meals will also be delivered for the weekend. At this time the project will be limited to those who live within the old City of York, (West of Dufferin, East of Humber River). If you are a senior, who is unable to prepare

your main meal, and resides in the Old City of York and would benefit from this service please call Lisa Chin Quee at (416) 746-5772 ext. 234.

The success of this project depends on its volunteers. We require 4 committed and dedicated volunteers. "A volunteer driver and server will work together on a route of 8-15 deliveries per day. Drivers use their own vehicles, and are reimbursed \$5:00 per route; paid regularly by cheque."

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Commentary

Gangs/Violence in Schools

By Haari Abou Korrat

If you have read the report by the Toronto Star October 23 & 24, 1998 on Violence in Schools, you like many others and myself were probably astounded and shocked at these revelations and the photos that accompanied the report. Follow-up letters to the Editor all mirrored the same question. What are we doing about this type of violence demonstrated by our children/youth in the educational system? Mayor Mel Lastman has called a special committee to address the issue.

The Jamaican Canadian

Association is an organization who has made this issue a very significant part of their mandate, and have for several years, been working with educational institutions on this very same issue, at our own expense.

There is a very distinct need for this work to be continued on a wider and more in-depth basis and in March of this year, JCA entered into a partnership with the Community Response Unit of Police Division 31. A proposal was developed and submitted to the Ministry of the Attorney General's office for funding to assist us in developing a formal program

that would address this issue more widely. The goal of the program is to work with the children/youth demonstrating aggressive behavior, and to include parents and teachers in the process of developing a model toward reducing this type of violence and other associated negative behavior.

The funding confirmed from the Solicitor General's office is a 1/3 of what the anticipated cost to conduct an appropriate project, however, we will be forwarding our funding request to other potential funding prospects.

I invite you, whether a parent or concerned member of the community to call me at 746-5772 ext. 224, for more information on how you can participate.

ACCOLADES

Dear Amy:

Thanks a lot for your help and encouragement in what was in many cases a difficult

circumstance. You remind me in many ways of my own mother. You have an incredible gift to love people in spite of all their flaws.

With your help it certainly

made a tremendous difference whether the project was a success or failure. I certainly learned more in doing this project than I actually gave. This is due in no small part to you.
Sam

What is the Black Community Police Consultative Committee?

By Alton Telfer

How much do you know about The Black Community Police Consultative Committee? A great many of you may say, not much. For this reason I must take this opportunity to bring you up to speed.

This committee was formed in 1987. It consists of representatives from various black organizations and churches including your own Jamaican Canadian Association of which I am your representative. Jeff Patterson, a former JCA Board member is the Chairman. The committee convenes once per month, every third Tuesday to be exact. At least one Senior Police Officer is always in attendance, representing the Police Chief, David Boothby. In most cases it is Deputy Chief Boyd and/or Deputy Chief Keith Cowling.

The purpose of this committee is to advocate for safe, competent and equitable policing within the black community, focusing on the enhancement of a positive relationship between police and our community. We also provide advice and act as a resource body to the Police Service Department on Community issues, race relations, ethno-cultural and anti-racism training. Mediation is also provided when needed.

We are currently involved with the department in the recruitment and hiring of black police officers. Toward the end of this year and early next year, the department will be hiring a substantial amount of police officers. I therefore must exhort you to get involved early should you have an interest and the qualifications to become a police officer. Application forms can be obtained from most police divisions. Our Committee has a hotline phone number (416) 635-

2747. Should you have a problem, and think we can be of help, please give us a call. You may also write us at:

College Park P.O.
444 Yonge Street
P.O. Box 46033
Toronto, Ontario M5B 2L8



Lady Bustamante 2nd left, at Itah's book store, A Different Booklist, on Bathurst Street. Among the many persons of JCA President Herman Stewart. At right is Heman's father Leslie Stewart and his mother Louise. Others in photo are Itah Sadu standing at back, and Effie Lakasingh, who travelled with Lady Bustaminte.

Bingo Dates!!!

Date	Time	Coordinators
v.13	10:15pm-1:15am	B. Carter
Nov.21	1:00pm-3:30pm	N.L. Bailey
Dec. 4	7:15pm-10:15pm	B. Carter
Dec. 19	7:15pm-10:15pm	N.L. Bailey
Jan. 2	12:30pm-3:30pm	B. Carter
Jan. 9	3:30 pm-6:45pm	C. Anderson
Jan. 29	7:00pm-9:30pm	N.L. Bailey
Feb.13	9:45pm-1:00am	B. Carter
Feb. 20	12:30pm-3:15pm	C. Anderson
Mar. 6	3:30pm-6:45pm	N.L. Bailey
Mar. 13	12:30pm-3:15pm	B. Carter
Mar. 20	9:45pm-1:00am	C. Anderson
Apr. 3	12:30pm-3:15pm	N.L. Bailey
Apr. 24	9:45pm-1:00am	B. Carter
May 15	12:30pm-3:15pm	C. Anderson
May 22	3:30pm-6:45pm	N.L. Bailey
May 29	7:00pm-9:30pm	B. Carter
June 12	12:30pm-3:15pm	C. Anderson

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Travel

Israel—A Must See!

The blend of beauty and calmness, the scenery is absolutely staggering, almost surreal. This place is the Engedi Desert. Located just outside Jerusalem. The mountains stand, surrounding you with their all-consuming power, a power that radiates, through a constant haze along mountainous terrain, dirt, and rocks. The beauty of it is captivating. History has seeped into the breath and cracks of each mountain. The secrets, pains, joys of biblical heroes who have walked on these paths, touched these trees, appreciated or took for granted the beauty of all this wonder. If only the waters of the Dead Sea, on which I floated could tell me the stories.

I was in a constant state of awe as I traveled around Jerusalem and thought of the stories I was told as a child in Sunday school; and of the media's report of the

fighting for occupied land. This trip was not intended to be a religious pilgrimage. The reconciliation of beliefs passed on through Sunday school classes, or my family's reiteration of scriptures to shape morals and values can only create the impetuous for religious reflection.

I walked in the same streets where Jesus spread his words of Christianity, where Jesus sat with the poor, and misguided. This was the old city of Jerusalem. Where the streets are made of blocks of stone, too narrow for modern forms of transportation and a sea of bazaar shops line either sides.

The modern Jerusalem is just as strikingly beautiful. Homes, office buildings are all built of the same stones used in the old days.

As the holidays' approach and I reflect on the true meaning of

Christmas, I walk on the stone where Jesus walked and I pray at the Wailing Wall as I did almost two years ago. It is no longer a place that I must conjure up from pictures or other's descriptions. It is now a real place that has allowed me to have a better understanding of the heroes of the bible.

I urge you to place Israel on your list of places to see. It offers history, beautiful land, and a crosscultural experience.

Answers

1. Marcus Garvey, Alexander Bustamante, Norman Washington Manley, George William Gordon, Paul Bogle, Samuel Sharpe and Nanny of the Maroons.

2. Sir Alexander Bustamante.

3. The Order of National Hero, The Order of the Nation, (presented only to Governors General) The Order of Merit, The Order of Jamaica and the Order of distinction.

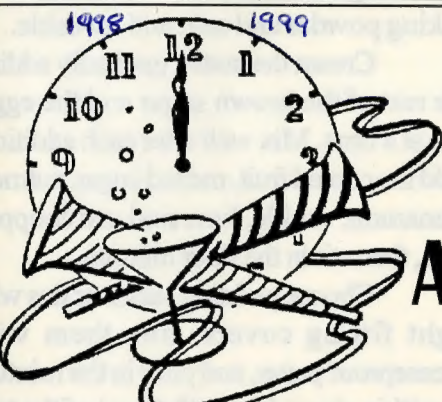
4. Sir Kenneth Blackburne.

5. Lester B. Pearson.

6 The colours are black, green and gold. Black stands for hardships overcome and to be faced, green for hope and agricultural resources and gold for natural wealth and sunshine. ("Hardships there are but the land is green and the sun shineth.").

7. Rev. Hugh Sherlock wrote the words and the Hon. Robert Lightbourne wrote the music.

8. The National Bird is the Doctor Bird or Hummingbird; The National Flower is the Lignum Vitae; the National Tree is the Blue Mahoe; and the National Fruit is the Ackee.
9. September 8, 1969.



JAMAICAN CANADIAN ASSOCIATION

is proud to announce its

GALA NEW YEAR'S EVE PARTY

At the JCA Centre, 995 Arrow Road, North York



December 31, 1998

starting at 8pm



MUSIC!! FOOD!! FUN!!

Guest DJ ALBERT'S MYSTERY SOUND CREW

admission \$30.00

Table for ten: \$275.00

for reservations call:

746-5772 ext.222



Cook's Corner

Submitted by Lisa Chin Quee



Christmas Pudding Excerpted from Norma Benghiat's Traditional Jamaican Cookery.

Christmas has always had a special significance for us, since the days of slavery. It was the most important holiday for the slaves, who received only three days' holiday all year: Christmas Day, Boxing Day and New Year's Day. Relieved of their hard toil, they would shed their ragged oznaburg clothing, and dress themselves in fine clothes and trinkets.

Boxing Day was the day for John Canoe of Junkunoo dancing, part of an elaborate parade through the streets of the town. The dance was of African origin, although the source of its name remains unknown. During the nineteenth century, the centre of attraction at the parade was the procession of the rival Blue and Red set girls, an entirely Jamaican custom.

The Christmas pudding was part of the masters' Christmas fare.

Now every year, as Christmas approaches, each household starts the ritual of soaking the fruits for the pudding. It is all part of the excitement of the season. The recipe is still that introduced by the English—and almost all the ingredients called for are imported—but we have added our own rum.

The quantities given should make two 1-quart (1.25-litre) puddings, about 8x3 inches (20x8 cm).

In a large jar soak the following for at least two weeks:

1lb (500 g) raisins, ½ lb (250 g) currants, ½ lb (250 g) stoned prunes, ¼ lb (125 g) mixed peel, 2 cups (¾ pint, 450 ml) white proof rum or other rum, 4 cups (1 ½ pints, 1 litre) port

Other ingredients

12/3 cups (10 oz, 300 g) brown sugar, 2 tablespoons water,

1 ½ cups (8 oz, 250 g) flour
1 cup (5 oz, 150 g) breadcrumbs, 1 teaspoon baking powder, ½ teaspoon salt, 1 cup (8 oz, 250 g) butter, 6 eggs, ½ teaspoon nutmeg, ½ teaspoon cinnamon, 1 tablespoon vanilla, rind of 1 lime, grated 4 oz (125 g) chopped nuts (optional)

Strain the soaked fruits, reserving the liquid. Mince the fruits, put them in a pan, and add 2 cups (¾ pint, 500 ml) of the liquid in which they were soaked. Simmer for 15 minutes, stirring constantly. Set aside to cool.

In the meantime, heat 1/3 cup (2 oz, 50 g) of the brown sugar with the water until it turns a very dark brown color, and set aside.

Sieve together the flour, breadcrumbs, baking powder and salt, and set aside.

Cream the butter, gradually adding the rest of the brown sugar and the eggs, one at a time. Mix well after each addition. Add the cooled fruit, melted sugar, nutmeg, cinnamon, vanilla, lime rind and chopped nuts, then stir in the flour mixture.

Choose pudding basins or tins with tight fitting covers, line them with greaseproof paper, and pour in the mixture to within about 1 inch (2.5 cm) of the top. Place some greased paper on the top of each pudding and cover it.

Use a large pan for steaming the pudding. Place an upturned pie tin in the pan, lower in a pudding and add enough water to reach half-way up the pudding basin or tin. Bring the water to boil, then simmer, adding hot water as necessary to keep the water level at its original height, until the pudding shrinks from the sides of the basin or tin (about 3 hours).

The Christmas pudding can be served hot or cold with the hard sauce given below.



HEY KIDS!!

S	U	A	L	C	A	T	N	A	S
C	A	T	T	E	S	N	I	O	P
B	H	Z	A	W	O	D	P	L	G
J	G	R	A	O	M	Q	E	C	N
P	R	E	I	N	D	B	E	R	I
I	M	P	W	S	K	M	A	I	D
C	G	W	H	C	T	R	E	E	D
M	S	F	A	D	T	M	J	C	U
C	G	K	W	A	N	Z	A	N	P
S	Y	A	D	I	L	O	H	S	Z



Can you find the words below?

KWANZAA
CHRISTMAS
SANTA CLAUS
SNOW
POINSETTA
PUDDING ACKEE
HOLIDAYS
REINDEER